



### THREE THINGS THAT MIGHT HELP YOU FEEL LESS ALONE

- Sit outside in the sunshine with a comforting beverage and listen to a favorite song.
- Write a letter to a trusted friend about one or two things that affect your sense of loneliness and belonging.
- Read a few chapters from *The Great Belonging: How Loneliness Leads Us to Each Other*.

### A QUICK BELONGING CHECKUP

1. Pause and take three deep breaths with a six-count inhale and a six-count exhale.
2. Are you feeling generally connected to or disconnected from yourself, others, the divine, and the world right now?
3. What are three places, things, activities, or ideas that help you feel like more of your full self?
4. Who are three people that help you feel safe and accepted?
5. How have you noticed the presence or absence of the divine during the past 24 hours?
6. Which songs, movies, TV shows, and books have helped you feel less alone in this world over the past two weeks?



“This book helped me feel less alone.”

“She doesn’t preach, doesn’t startle, and doesn’t judge. She just offers herself with kindness and refreshing honesty.”

“A wonderful book for this time when loneliness feels even more universal than usual.”

## QUOTES FROM *THE GREAT BELONGING: HOW LONELINESS LEADS US TO EACH OTHER*

“Loneliness doesn’t always teach me a nice lesson. Sometimes it offers me a chance to slow down and encourages me to reach out to my husband or a friend. Sometimes it asks me to grieve the loss of a relationship or the loss of what I hoped a relationship might one day become.”

“While connections exist between mental illness and loneliness, loneliness is not a form of mental illness. One can be well and lonely. One can be unwell and not lonely. But my mental illness has taught me how to engage with and respond to my loneliness.”

“Sometimes I wonder if loneliness resides in an extra, secret organ within the body—maybe the size of a plum, a storehouse of dense alienation hidden deep within us.”

“When I see and receive the gifts of nature, I am reminded that I belong to my place, to this world...”

